



Your guide to the  
**Healthy  
Living  
Fair**

**Saturday - Sunday  
June 16 - 17**

**9 a.m. - 4 p.m.**

**Quad City  
Botanical Center**

**Rock Island, IL**

**Free admission**

Presented by

**Radish**



**QUAD CITY  
BOTANICAL  
CENTER**

# Healthy Living Fair

## Improve your life!

The first ever Healthy Living Fair — a celebration of local and natural foods, health and fitness, nutrition and the environment — is for anyone who wants to improve their life. The event is presented by Radish and the Quad City Botanical Center June 16-17 on the grounds of the Botanical Center in Rock Island, Ill.

The free community event will offer information about healthy living through the natural foods, products, resources and services of western Illinois and eastern Iowa. Over 50 exhibitors will present alternative energy methods, environmentally friendly products and produce, gardening goods and services, outdoor recreation opportunities and holistic, alternative and integrative medicine.

Special events include the Quad-Cities' Largest Yoga Class and Garden Art Fair on Saturday and the Sierra Club's Environmental Film Fest 2½ and Father's Day Coffee House on Sunday. Both days will feature hands-on educational activities and programs for families; live music; locally-grown foods; and the Hy-Vee Cafe, which will sell everything from low-fat veggie burgers to traditional festival fare.

A preview night party on Friday, June 15, will feature samples of delicious entrees, hors d'oeuvres and desserts by 11 restaurateurs set up at stations throughout the Botanical Center gardens. Guests can listen to live music while enjoying cocktails and bidding on garden-related items. The auction will benefit the educational programs at the non-profit Quad City Botanical Center.

Healthy Living Fair hours are 9 a.m. to 4 p.m. Saturday and Sunday, June 16-17. Major sponsors of the event are the Riverboat Development Authority, Select Specialty Hospital, John Deere, The Dispatch/Argus/Leader, WQAD NewsChannel 8, the Quad City Radio Group and Wells Fargo.



## This way to the Healthy Living Fair

### FROM THE WEST:

Take I-280 into Illinois, then follow Illinois 92 into downtown Rock Island. Turn left onto 5th Avenue and stay in the left lane. Go two blocks and turn left on 26th Street. The Quad City Botanical Center will be straight ahead across 4th Avenue.

### FROM THE EAST:

Take I-88 to I-80 East, then to I-280 West. Follow I-280 to Illinois 92 into downtown Rock Island. Turn left onto 5th Avenue and stay in the left lane. Go two blocks and turn

left on 26th Street. Quad City Botanical Center will be straight ahead across 4th Avenue.

### FROM THE SOUTH:

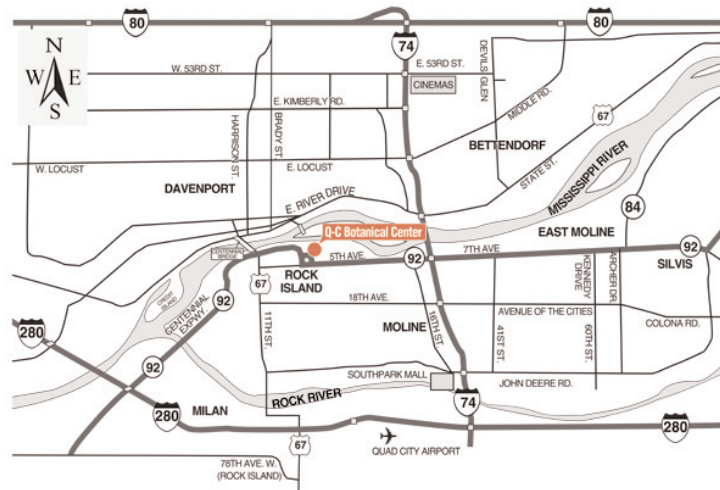
Take I-74 or U.S. 67 to I-280 West. Follow I-280 to Illinois 92 into downtown Rock Island. Turn left onto 5th Avenue and stay in the left lane. Go two blocks and turn left on 26th Street. The Quad City Botanical Center will be straight ahead across 4th Avenue.

### FROM THE NORTH:

Take U.S. 61 through Davenport to U.S. 67 and cross the Centennial Bridge into Rock Island. Turn left onto 5th Avenue and stay in the left lane. At 26th Street, turn left. Quad City Botanical Center will be straight ahead across 4th Avenue.

### PARKING:

On-site parking is available at the QCCA Expo Center parking lot adjacent to the Quad City Botanical Center. Volunteers also will be on hand to direct guests to other nearby lots. Visit [www.radishmagazine.com](http://www.radishmagazine.com) for updates.



The Healthy Living Fair will purchase carbon credits to offset the emissions created in the production of the electricity used during the event. For more information, visit [www.carbonfund.org](http://www.carbonfund.org).

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## Special events

**Preview Night Garden Party**, 6 p.m. Friday, June 15: Chefs from eleven Quad-Cities area restaurants will serve samples of entrees, hors d'oeuvres and desserts in the stunning gardens of the Botanical Center. Participating restaurants are Biaggi's Ristorante Italiano, Bridges Catering, The Captain's Table, Chocolate Manor, Diane DeBord Catering, Froehlich Cakes & Pastries, Happy Joe's Pizza & Ice Cream Parlors, Isle of Capri Casino, Johnny's Italian Steakhouse, Moon River Supper Club and TPC Deere Run. Guests can sample the food while enjoying cocktails and listening to live music by pianist Jonathan Turner. A silent auction will feature garden and Healthy Living Fair items. Proceeds benefit the educational programs at the non-profit Botanical Center. Tickets are \$25; corporate packages are \$200. To order, call the Botanical Center at (309) 794-0991, extension 26.

**Quad-Cities' Largest Yoga Class**, 9:30 a.m. Saturday, June 16: Jeanie Mackenzie of the Davenport School of Yoga will lead Healthy Living Fair guests in a free, 30-minute class introducing them to the basic Yoga positions. The class will be held outdoors; some mats will be provided, but those with their own are encouraged to bring them. Both the experienced and the curious are encouraged to attend!

**Earth-friendly education:** Regional experts will provide information and hands-on educational programs for children and adults on topics including the environment, health, conservation, recycling, music, dance and gardening. Guests also can enjoy the gorgeous Quad City Botanical Center gardens and vote for their favorite container garden made by amateurs and professionals.

**Hy-Vee Outdoor Cafe:** A variety of healthy foods will be for sale all weekend, including POM juices and teas; Lite Life hamburgers, hot dogs and bratwurst; Full Circle veggie burgers and a variety of Morning Star and Yves products. Traditional grilled items also will be available.

**Garden Art Show**, all day Saturday: Artists working in a variety of media will show and sell their garden- and nature-related art. Participating artists include Pam Ohnemus (paintings and notecards); Rick Esbaum (stained glass stepping stones); Ellonyia Yenny (woven baskets); John Gill (photography); Frank Ross (flower-painting demonstration); Brent Langley (wildlife art); Claudette Klimes (watercolors); Mike Lawrence (hand-crafted wooden chairs); Olenka Gadzik (acrylics) and Joan Danner (pottery).



HealthRHYTHMS

**Music & Wellness**, 1:30 p.m. Saturday: Join the Music Therapists of West Music and learn about what you can do to promote wellness in your life. This hands-on presentation will demonstrate musical techniques such as relaxation, movement to music, singing, and instrument play to promote healthy living. Come prepared to experience the power of making music! (For related information, click the "Stories" link on the Radish home page and choose "Feel the beat.")



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### Festival schedule

#### Saturday, June 16

- 9 a.m.-4 p.m., Botanical Center grounds: Exhibits, demonstrations, activities and art fair
- 9:30 a.m., Botanical Center grounds: Quad-Cities' Largest Yoga Class
- 10:30 a.m., main stage: William Trotter (traditional and contemporary folk music)
- 11:30 a.m., main stage: Fire in the Belly (American and Celtic fiddle tunes)
- 12:30 p.m., main stage: Ellis Kell (blues)
- 1:30 p.m., main stage: Music and Wellness program by West Music
- 4 p.m.: Fair closes

#### Sunday, June 17

- 9 a.m.-4 p.m., Botanical Center grounds: Exhibits, demonstrations, activities and Farmers' Mini-Market
- 9:30 a.m., Botanical Center grounds: Meditation led by Rita Melissano of the Trinity Enrichment Center
- 10-12:30 p.m., main stage/outdoor cafe area: Father's Day Coffee House (open mic)
- 11:30 a.m., main stage: Olenka (songs of women's spirituality)
- 1:30-3:30 p.m., main stage: Patchouli ("Fast Forward Folk")
- 4 p.m.: Fair closes

**The Healthy Living Fair will recycle all plastic and glass bottles and aluminum cans used at the event. In addition, guests can drop off old cellular phones and ink cartridges to be recycled.**

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## Special events (Continued)

**Farmers' Mini-market**, 9 a.m.-noon Sunday: Experience a sampling of what is available throughout the growing season at your local farmers' market. Regional small-scale farmers will sell fresh produce, heirloom plants, baked goods, jams, honey and more. (For recipes from local farmers, click the "Stories" link on the Radish home page and choose "Farm-fresh favorites.")

**Morning meditation**, 9:30 a.m. Sunday, June 17: Rita Melissano of the Trinity Enrichment Center will lead guests on a 15-minute meditation in the midst of the Botanical Center gardens.

**Father's Day Outdoor Coffeehouse**, 10 a.m.-12:30 p.m. Sunday: Before or after church, bring Dad down to the Botanical Center and enjoy complimentary beverages from Starbucks while listening to several musicians performing in turn and together on the main stage.

## Environmental Film Fest 2½

The Eagle View Group of the Sierra Club will show 8- to 30-minute environmental films inside the Botanical Center from 10 a.m. to 4 p.m. Sunday, June 17. The free film fest will include:



Bullfrog Films

**"Baked Alaska"** (26 minutes), a look at the battle over the Alaska National Wildlife Refuge (ANWR) in the context of Alaska's accelerated warming. Even native Alaskans are divided: the Inupiat Eskimos want the jobs and the money that drilling would bring, but the Gwich'in Indians fear it will destroy their caribou. Alaska is rich in oil — but for every barrel shipped south, damage is done to the delicate balance of Arctic life. [www.bullfrogfilms.com](http://www.bullfrogfilms.com)

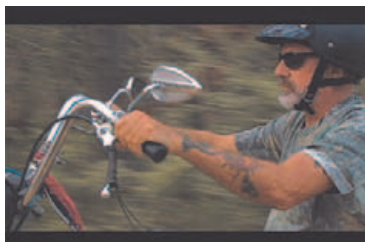
**"Ecological Footprint"** (30 minutes) introduces a resource accounting tool, the ecological footprint, a measure of the human demands on the planet's resources. The film documents whether we are living within our ecological budget or consuming nature's resources faster than the planet can renew them. [www.bullfrogfilms.com](http://www.bullfrogfilms.com)

**"Kilowatt Ours"** (30 minutes). Filmmaker Jeff Barrie travels from the coal mines of West Virginia to the solar panel fields of Florida as he discovers solutions to American energy-related problems. Along the way he meets everyday Americans finding ways to harness power from the wind and sun. Find out how Jeff and his wife, Heather, cut their energy bills in half and use a portion of their savings to buy green power. "Kilowatt Ours" also will show how to dramatically reduce your own energy bill. [www.kilowattours.org](http://www.kilowattours.org)

**"Meatrix II: Revolting"** (8 minutes), a flash animation movie about the meat we eat, is the sequel to the award-winning "The Meatrix." The films, humorous spoofs on the "Matrix," look at the gap between our illusions about where food comes from and the reality of industrial meat and dairy production. [www.themeatrix.com](http://www.themeatrix.com)

**"Radically Simple"** (35 minutes) follows author Jim Merkel as he presents his views on sustainable living, global economics and resource consumption. The film also demonstrates that a radically simple lifestyle is not only possible but extremely satisfying. [www.bullfrogfilms.com](http://www.bullfrogfilms.com)

**"Sierra Club Chronicles"** (30 minutes each) is a series of short films capturing some David vs. Goliath stories — the dramatic efforts of committed individuals across the country working to protect the health of their environment and communities. [www.sierraclub.org/tv/](http://www.sierraclub.org/tv/)



Sierra Club Productions



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**Most produce in the U.S. is shipped an average of 1,500 miles. By buying locally grown food you'll be helping preserve the environment and strengthen your community.**

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## Music on the main stage

**William Trotter**, 10:30 a.m. Saturday: William Trotter has been performing at various venues and events in and around the Quad-Cities since early 2002. His music is a Celtic influenced mix of traditional and contemporary folk music with some original compositions. He is a native of Washington State. Trotter bought his first guitar using his tax refund in 1979 and has been playing and singing, with varying degrees of seriousness, since then. Occasionally Pam Trotter, his wife, joins him for a few numbers as well.



**Fire In The Belly**, 11:30 a.m. Saturday: Fire In The Belly plays traditional American and Celtic tunes on fiddle, mandolin, guitar, bodhran (the Irish drum), various hand percussion, pennywhistle and autoharp. The band performs as a duo, trio or quartet. Joe Nobiling performs on fiddle and mandolin; Josh Nobiling performs on guitar; John Kinser performs on bodhran and hand percussion and Lottie Trudell performs on pennywhistle and autoharp. The band name comes from an attitude indicative of the way the band members live life to the fullest, with verve, zest, conviction, heart and fire. Sometimes it's just a matter of ingesting too many habanero peppers!



Fire In The Belly

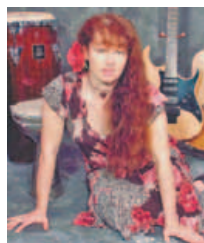


**Ellis Kell**, 12:30 p.m. Saturday: A well-known Quad-Cities musician and bandleader, Ellis Kell has performed for more than 25 years, opening for national acts such as B.B. King, Willie Nelson, Robert Cray, Delbert McClinton, Tower of Power, Jimmy Rogers, Little Feat and Johnny and Edgar Winter. He also has shared the stage and performed as a backing musician for Bo Diddley and Charlie Musselwhite. He is a Heritage Guitar artist and serves as consultant to River Music Experience in Davenport.

**Music & Wellness**, 1:30 p.m. Saturday: Join the music therapists of West Music to learn how music can help promote wellness in your life. This hands-on presentation will demonstrate musical techniques such as relaxation, movement to music, singing and instrument play.

**Father's Day Coffee House**, 10 a.m.-12:30 p.m. Sunday: Quad-Cities musicians Chris Dunn and Paul Cioe will host this open-mic event for all musicians who would like to be a part of the Healthy Living Fair. Bring Dad down before or after church to enjoy a laid-back morning, great music and complimentary beverages provided by Starbucks!

**Olenka**, 11:30 a.m. Sunday: Born in Poland and raised in New York City, Olenka is an inter-media artist who integrates songwriting, syncopated rhythms and dances from around the world, Chi Gung, visual arts, and the vivid language of metaphor to explore women's spirituality and multi-sensory communication. She has received several artist project grants from major arts organizations like the Iowa Arts Council and Quad City Arts to teach music and world rhythms by way of music assemblies for elementary and middle schools; songwriting seminars; dance instruction in the 12-count rhythms of flamenco; developing a chorus to sing her original versions of the odd metered songs of Eastern Europe; and recording her second fully-orchestrated CD, "Rhythms of Another Life." Olenka's songs and visual arts deal with women's spirituality, feminist theology, mythology, folklore and commentary on matters of religion and the environment.



**Patchouli**, 1:30 p.m. Sunday: One part ethnobotany, one part theology, two-part harmony, two-part guitar and a pinch of gypsy caravan. This is the recipe for Patchouli — the band, not the plant — and it's a musical and ideological concoction you won't want to miss. Known for their catchy, down-to-earth style, the duo of Bruce and Julie Hecksel blend musical influences from around the world into a sort of new American music they call "Fast Forward Folk." (For more on the band, click on the "Stories" link on the Radish home page and choose "Feel-good folk" or listen samples of their music at [www.patchouli.net](http://www.patchouli.net) and [www.myspace.com/patchoulispace](http://www.myspace.com/patchoulispace).)



**Music can influence health and wellness and enhance learning and memory. While many people use music for enjoyment, they may not realize music's power to heal, rehabilitate or restore the body.**

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## Exhibitors

Here's a quick look at many of the exhibitors coming to the Healthy Living Fair:

**The Sky Factory** (Sunday only, inside the Botanical Center): Experience a genuine SkyCeiling, a compelling image of real sky that can be installed in any ceiling to create authentic illusions of nature to relax and revitalize. [www.theskyfactory.com](http://www.theskyfactory.com)

**Quad-City Labyrinth Project:** Discover the many benefits of using labyrinths for physical, mental, emotional and spiritual well-being. Learn where you can walk labyrinths and receive a free finger labyrinth. (For related information, click on the "Stories" link on the Radish home page and choose "Internal journeys" or visit [www.qclabyrinth.org](http://www.qclabyrinth.org).)



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**Small House Society:** Learn what it's like to live in a REALLY small house – one of just 150 square feet. Gregory Paul Johnson of Iowa City, co-founder of the Small House Society, will bring a small house to the fair for guests to "tour." Johnson describes the Small House Society as "a collective group of people that have an interest in simple and sustainable housing who want to influence in a positive way how our society defines living space and development." (For more information, visit [www.resourcesforlife.com](http://www.resourcesforlife.com) or [www.radishmagazine.com](http://www.radishmagazine.com).)

**Zing:** Try out this aluminum-framed, 21-speed, three-wheeled recumbent "trike" created and built by Allan Pillard of Princeton, Iowa. The seat, crank arms and the handlebars are adjustable, so people of various sizes can get a good fit. (For related information, click on the "Stories" link on the Radish home page and choose "It's got that Zing.")

**Sun Ovens:** Stop by the Radish booth to see a demonstration of solar cooking using an oven from Sun Ovens International, Inc. (For related information, click on the "Stories" link on the Radish home page and choose "Sun-kissed cuisine" or visit [www.sunoven.com](http://www.sunoven.com).)

**Learn Great Foods:** Check out the colorful Learn Great Foods truck and get cooking tips and demonstrations. The company offers sustainable-farm tours, cooking classes and food-science workshops throughout the upper Midwest. Their mission is to link guests with agricultural destinations, creative chefs and environmental knowledge. [www.learngreatfoods.com](http://www.learngreatfoods.com)



**Century Farm Harvest Heat:** This Iowa City-based company sells corn stoves and wood-pellet burning stoves that use renewable energy sources. Learn about the latest and greatest features of corn stoves and furnaces and find out how this efficient energy source could cut your energy bills by up to 70 percent. [www.harvest-heat.com](http://www.harvest-heat.com)

**Country Corner** of Alpha, Ill., will offer a mini hay bale maze for kids as well as a specimen farm garden. The farm's products and produce will be for sale. [www.country-corner.com](http://www.country-corner.com)

**Heritage Natural Foods of Moline, Ill.,** and Davenport, Iowa, will sell healthy smoothies. Co-owner Lori Pennington says, "We just use frozen fruit and juice. It's about as simple as you can get." Customers can infuse their beverages with powdered and liquid boosters such as protein, ginseng, ginger and ginkgo biloba. [www.heritagefoods.com](http://www.heritagefoods.com)

**ePower Synergies:** Check out the NEV (neighborhood electric vehicle) that will be in production within five years through ePower of Port Byron, Ill. The little car is powered by hydrogen fuel cells, emits no pollutants — only water and heat — and is about twice as fuel efficient as similarly-sized conventional vehicles. (For related information, click on the "Stories" link on the Radish home page and choose "A plug for NEVs" or visit [www.epowersynergies.com](http://www.epowersynergies.com).)



The Sky Factory

**SkyCeilings are virtual skylights that can be installed in any room to provide the relaxing and revitalizing influences of daylight and nature.**

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**Oak Hill Acres Organic Farm** of Atalissa, Iowa, grows spring-flowering bedding plants, heirloom vegetable plants, cut flowers, small grains, field corn, hay and all varieties of vegetables. Check out their heirloom plants and produce and learn about their CSA farm and organics. (For related information, click on the “Stories” link on the Radish home page and choose “Oak Hill Acres” or visit [www.localfoodsconnection.org/farmers/oakhill](http://www.localfoodsconnection.org/farmers/oakhill).)



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**Ballet Quad Cities** provides classical and contemporary dance through performances, lecture-demonstrations and innovative educational outreach programs. Learn how dancing is a healthy sport for people of all ages and get information about the company’s upcoming season. [www.balletquadcities.com](http://www.balletquadcities.com)

**Iowa Grape Vines:** Sample 100-percent real grape juice made from fresh crushed grapes grown in eastern Iowa. No sugar, water, artificial flavors, colors or preservatives are added. Learn about the company’s grape vine nursery plants and U-Pick seedless grapes. [www.iowagrapevines.com](http://www.iowagrapevines.com)

**Organic Therapies:** Learn about whole food nutrition and how it is used therapeutically to change health at the cellular level. Receive samples of dairy-free and sugar free chocolate that tastes good, along with whole food protein and fruit bars. Eco-safe cleaning products for home or office will be for sale. (309) 269-3745

**Nature’s Raw Energy:** Learn what “raw and living foods” are all about and how to use fresh fruits, vegetables, seeds and nuts to achieve optimal health. Get recipes, recipe booklets, food samples and information on workshops and retreats. [www.naturesrawenergy.com](http://www.naturesrawenergy.com)

**Twin Rivers Physical Therapy:** Receive a free grip strength test and learn about physical and occupational therapy services. Rehabilitation services include pain management, strength and wellness programs, hand therapy and manual therapies. [www.twinrivers-pt.com](http://www.twinrivers-pt.com)

**Corrugated Solutions** manufactures and distributes a packing material made from recycled cardboard that replaces petroleum-based, non-degradable packing materials like peanuts and bubblewrap, foam and plastics. See samples and learn about Corru-Fill and The Evil Peanut! [www.corrugatedsolutions.biz/index.html](http://www.corrugatedsolutions.biz/index.html)



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**Indigo Fitness & Wellness** of Moline, Ill., offers a variety of classes and services for people who want to live healthier lives. Stop by their booth to learn about yoga, Pilates, belly dancing, massage therapy and more. [www.indigowellness.info](http://www.indigowellness.info)

**Illinois Renewable Energy Association:** Solar electric education kits and other renewable energy devices will be displayed. Learn about the growing choices in renewable energy available for building, remodeling or lowering energy bills.

[www.illinoisrenew.org](http://www.illinoisrenew.org)

**Richlands Organic Gardens** offers The Happy Gardener line of healthful, all-natural, organic lawn and garden products for homeowners. All products are convenient, economical and safe for children and pets. (563) 391-0214

**Nature’s Friend Organic Lawn Care:** Learn about pesticide-free lawn and tree care treatments that are safe for children, pets and the environment. Enter a drawing for a free mosquito treatment (retail value of \$75) for an area of up to 6,000 square feet. [www.naturesfriend.net](http://www.naturesfriend.net)

**Southpark Chiropractic – Russian Medical Therapy:** Get a free chair massage while learning about chiropractic, Russian Medical Therapy, relaxation massage therapy and herbal and nutritional products. [www.southparkchiropractic.com](http://www.southparkchiropractic.com)

## Healthy Living Fair Vendors

AdvoCare  
Amazon Herb Co.  
Ancient Wisdom Acupuncture  
Arbonne International  
Advanced Technology Environmental Education Center  
Ballet Quad Cities  
BeautiControl  
Books are Fun  
Breathin’ Easy: Pollution Solutions  
Caring Hands Therapeutic Massage  
Corrugated Solutions  
Century Farm Harvest Heat  
Country Corner  
Dr. Rob Scranton  
ePower Synergies  
The Faithful Pilot Café and Spirits  
Family Chiropractic / Nature’s Raw Energy  
Heritage Natural Foods  
Hill & Valley Premium Bakery  
Himalayan Goji Juice  
Hogg Chiropractic Center  
Illinois Prairie State Chiropractic Association  
Illinois Renewable Energy Association  
Indigo Fitness & Wellness  
Iowa Grape Vines  
JG Designer Salon & Day Spa  
LA Weight Loss Center  
Learn Great Foods  
Levan Chiropractic — Hands of Grace Massage  
Lifetime Cookware  
Limu Juice Drink  
Mannatec  
Mindful Choices Counseling  
Nature’s Raw Energy  
Natural Fertility Control  
Nature’s Friend Organic Lawn Care  
Oak Hill Acres Organic Farm  
Orenda International — Dr. Helle Smith  
Organic Therapies  
Pampered Chef  
Quad-City Labyrinth Project  
Real Health Chiropractic  
Reliv International  
Richlands Organic Gardens  
Sierra Club — Eagle View Group  
The Sky Factory  
Small House Society  
Southpark Chiropractic: Russian Medical Therapy  
Twin Rivers Physical Therapy  
Watkins Products  
Whole Health Family Chiropractic Center

# healthy living fair

## Talks, demos and fun

### Health & Fitness Tent / Select Specialty Hospital

Select Specialty Hospital of Davenport will offer a variety of health and nutrition information, presentations and screenings, including:

- Chiropractic Health and Acupuncture, Dr. Garvin Smith, D.C., 10 a.m. Saturday
- Integrative Pain Management and Pain Assessment Screening, Dr. V.R. Karuparth, M.D., 11 a.m. Saturday
- Paddle your way to a strong body, Saukenuk Paddlers Canoe & Kayak Club, noon Saturday
- Healthy Aging, Center for Active Seniors, Inc. (CASI), 1 p.m. Saturday
- Prepare or Beware: Personal and Home Preparation for Emergencies, Rock Island County Health Department, 2 and 3 p.m. Saturday
- Yoga for Chronic Pain and Disease, Dr. V.R. Karuparth, M.D., 10 a.m. Sunday
- Free blood sugar tests; exchange old glucometers for new ones; learn about new products with Abbott representatives, 11 a.m. and noon Sunday
- Healthy Eating to Prevent Diabetes, Jamie Baxter, R.D., 1 p.m. Sunday
- Healthy Exchanges Cooking Demonstrations and Samples, Gina Gripp, R.D., 2 p.m. Sunday
- Biking is for every body, Quad Cities Bicycle Club, 3 p.m. Sunday

### Discovery & Exploration Tent / Quad City Botanical Center

Try something new in the Discovery and Exploration Tent! Come prepared to participate in a variety of cultural and artistic classes that will engage your mind and body. This tent is for people of all ages and is especially well-suited for families. There will be a “family parking” area adjacent to the tent for those needing a respite. Presentations include:

- Instrument Petting Zoo and Egg Shakers with Kindermusic, all day Saturday
- Recycled Paper with Seeds, University of Illinois Extension, all day Saturday and Sunday
- Sun Safety with American Cancer Society, 9 a.m.-noon Saturday
- Make-n-Take Healthy Snacks, University of Illinois Extension, 10 a.m. Saturday  
*Start your morning the healthy way and learn something new.*
- Music & Movement with Kindermusic, 11 a.m. Saturday  
*Come prepared to let the music get you moving.*
- Introduction to Chinese Ribbon Dancing with Ballet Quad Cities, noon Saturday and Sunday  
*Ribbons are a natural way to engage your body. Don't let it touch the floor!*
- Introduction to Modern Dance, Ballet Quad Cities, 1 p.m. Saturday  
*Express yourself with dance; learn from a professional dancer.*
- Migration of Music Up the River with Ellis Kell, 2 p.m. Saturday  
*Listen to the music and discover how it traveled along the river.*
- Drumming with River Music Experience, 3 p.m. Saturday  
*Try your hand and join the rhythm.*
- Stretch & Grow with Teri Long, all day Sunday  
*Teri appeals to kids of all ages — and will get you moving!*
- Quidditch with Great Midwestern Educational Theater Company, 11 a.m. Sunday  
*Learn how to play Quidditch just like Harry Potter!*
- Music and Movement with Ballet Quad Cities, 1 p.m. Sunday  
*Let the music guide your movement. Everyone welcome.*
- Dance with Midwest Academy for Dance, 2 p.m. Sunday  
*Kick off your shoes and join the fun!*

For the latest Healthy Living Fair updates, visit [www.radishmagazine.com](http://www.radishmagazine.com).



Healthy Living Fair presented by



The Healthy Living Fair is made possible through support from the following major sponsors:



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Contributing sponsorship is provided by Hiland Toyota, Courtesy Car City, River Cities Sound, City of Rock Island and the QCCA Expo Center.

Preview Night Garden Party sponsorship is provided by the Riverboat Development Authority, Wells Fargo, Biaggi's Ristorante Italiano, Bridges Catering, The Captain's Table, Chocolate Manor, Diane DeBord Catering, Froehlich Cakes & Pastries, Happy Joe's Pizza & Ice Cream Parlors, Isle of Capri Casino, Johnny's Italian Steakhouse, Moon River Supper Club and TPC Deere Run.